

“...through His
goodwill, He
accepted
suffering”

*From the Benediction
of Pascha Prayers*



**When is it
easier to
accept
suffering?**



1. When we love, we accept suffering ⁽¹⁾

- Only God's love for us allowed Him to accept suffering
- Jacob toiled for 14 years to gain Rachel
- "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?" *Romans 8:35*



1. When we love, we accept suffering ⁽²⁾

- “For Your sake we are killed all day long; We are accounted as sheep for the slaughter.”

Romans 8:36



2. The burden of responsibility allows us to accept suffering

- “For if I preach the gospel, I have nothing to boast of, for necessity is laid upon me; yes, woe is me if I do not preach the gospel!”

1 Corinthians 9:16

- This is a willful suffering that moves the hearts of those who feel responsible for others.



3. Expecting a reward eases our sufferings

- “For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory”

2 Corinthians 4:17

- “looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame”

Hebrews 12:2



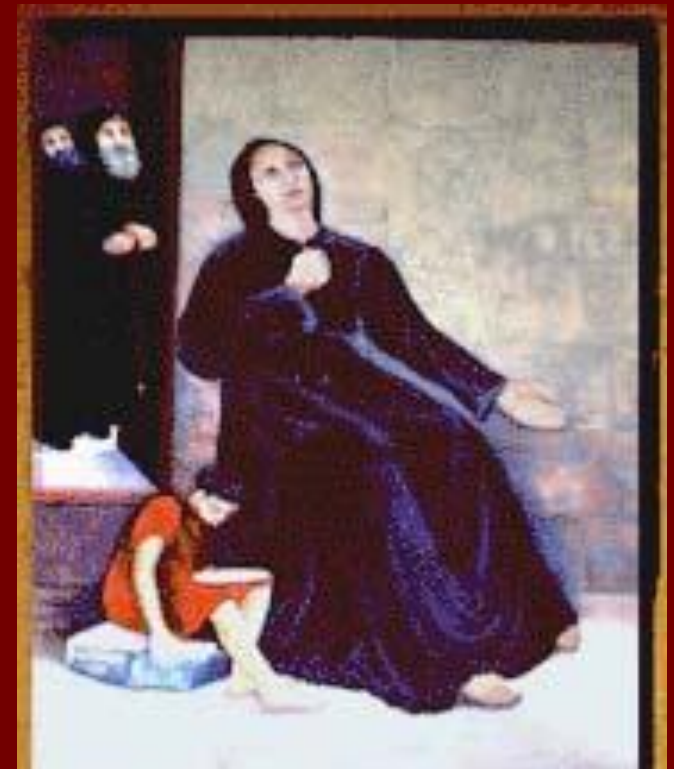
4. Believing that we grow in His image when we suffer makes suffering desirable

- “From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus” *Galatians 6:17*
- Purifying silver: “Take away the dross from silver, And it will go to the silversmith for jewelry” *Proverbs 25:4*



5. We accept suffering when we know that we share the cross with Him ⁽¹⁾

- The saints refraining from defending themselves to imitate their Master, e.g. St. Macarius and St. Marina
- “Why do you not rather accept wrong? Why do you not rather let yourselves be cheated?” *1 Corinthians 6:7*



5. We accept suffering when we know that we share the cross with Him ⁽²⁾

- “For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: ...who, when He was reviled, did not revile in return; when He suffered, He did not threaten” *1 Peter 2:21, 23*



6. We accept suffering because it is the best teacher of virtues

- “And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance”
Romans 5:3
- “My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience” *James 1:2*



7. We receive suffering with joy when we cease to sin because of it

- “Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin”

1 Peter 4:1

